

SPORT *and* PE



MOLLY PHILPOT WINS PIERRE DE COUBERTIN AWARD

CONGRATULATIONS to Year 12 student Molly Philpot on her nomination and receipt of a 2017 Pierre de Coubertin Award by the Australian Olympic Committee. The Pierre de Coubertin Award recognises students who have participated actively in the school physical education program with a consistently positive attitude; and demonstrate the attributes consistent with the fundamental aims of the Olympic movement. Molly was nominated for this award based on her tremendous commitment to her Senior Physical Education studies, completing this throughout Year 11 and 12 along with having represented the College in numerous sporting teams each year.

As part of this award, Molly and the other recipients from the ACT attended an 'Olympic Academy' day at the Australian Institute of Sport participating in a variety of workshops and presentations by Olympians Lauren Wells and Shelley Watts on what it takes to be an Olympic athlete and life balance.

Congratulations Molly on an honour thoroughly deserved and thank you for your commitment and support of sport and Physical Education at St Mary MacKillop College.

dale arzall
PE+Health Coordinator

SPORT NEWS



MADDIE BANKS

After success at the National Oztag Championships in 2016, Maddie Banks (Year 12) gained selection for the Australian Under 18 squad for the "Big Four" Challenge. The tournament was postponed until September but Maddie, in the meantime, went on to play for the Australian Womens Open team in a Tri-Nations tournament in Ireland in July. After going through both competitions undefeated, Maddie is hoping she played well enough to be selected for the next Oztag World Cup.



AUSSIE REPS

MADDIE PRESCOTT

Maddie Prescott (Year 11) represented Australia in the Under 18 Women's Ice Hockey World Championship Qualifications in Spain. Australia went through the tournament undefeated and has progressed to the World Championships in January 2018. Maddie has also been recruited to play for the Adelaide Rush in the Australian Women's Ice Hockey League over the summer.



REBECCA CROSS

Bec Cross (Year 12) is one of four elite swimmers who has been training under Ian Thorpe's former coach, Tracey Menzies, as part of the new National Training Centre Transition Program at the Australian Institute of Sport. The program is designed to create the next generation of world-beating Australian swimmers. Rebecca also captained the ACT Pacific School Games squad - quite an honour in her last appearance at the games.



LUNCHTIME SPORT

Thursdays and the occasional Wednesday lunchtime this year saw the introduction of a brand-new house sports competition on the junior campus. Commencing halfway through Term 3, the competition ran for 12 weeks, with each junior year group taking part in their own 4-week block; 3 weeks of round robin and 1 week of finals. With many sports on display (soccer, netball, touch football & basketball) and several points up for grabs, students put their best efforts on the line in hope their house would be crowned the inaugural champions. We were fortunate enough to have a very tightly contested competition- with various winners from each year group; Mindygari winning Year 7, Gurabang winning Year 8 and Meup Meup winning bragging rights in Year 9. Mindygari had the last laugh, winning overall and handing them their second piece of silverware for the year.

Thank you to the students and staff; specifically, Mr Coates, Mr Larkin, Mrs Bailey, Mr Johnson, Mr Kelly, Cameron Laing, Isobel Kay, Tash Brittain, the senior house captains and the entire junior SRC who did a marvellous job at organising teams and setting up playing areas.

jack adamson
Sports Captain



DVO OFF TO SPANISH SOCCER GIANTS

Congratulations to Chris Reay (Year 9) and Sam Molloy (Year 10) who were invited to embark on the trip of a lifetime when they were selected to train and play at the Real Madrid academy in Spain. Having impressed coaches at a Real Madrid camp in Canberra during September, Chris and Sam were chosen as two of only three players to go to Spain in December.

Chris and Sam were set to take part in 10 training sessions and four friendly games, as well as being able to watch one of the biggest games in La Liga's schedule, the Madrid derby between Atletico and Real.

PHYSICAL EDUCATION



PE PATHWAYS CONTINUES TO GROW

2017 has been a tremendous year of growth and development for PE Pathways at the College. The program has expanded from two Year 10 classes in 2016, to two Year 10 and two Year 11 classes in 2017. The supportive, team-based culture within the program has continued to grow and students have embraced the course work and assessment. There has been a noticeable progression in students' knowledge, skills and mentality throughout the year. Feedback provided to staff by students and parents shows that the program has been beneficial for students and enjoyable to participate in. 2018 will be another important year for PE Pathways, with a new cohort of Year 10 students participating the program. It has been great to see students developing their abilities each Semester in 2017 and I look forward to witnessing this again in 2018!

Highlights of 2017 include:

- The introduction of the Year 11 PE Pathways Course
- Presentation from GWS Giants AFL players Harry Perryman and Matt De Boer
- Nutrition and recovery in sport excursion to the AIS
- Awards received by students at the College awards ceremony in Semester 1 and Semester 2
- PE Pathways incursion
- Presentation from Shelley Watts (Australian Boxer, Olympian and Commonwealth Games Gold Medallist)

Dominic Leonarduzzi

PE Pathways Teacher



PE PATHWAYS - YEAR 11

The PE Pathways Program has continued to assist a range of students hoping to develop further in their respective sports. This year, the program has become more self-directed, allowing us to have more input into our training schedule and what we want to achieve, building skills that we can take with us after school as we continue in our endeavours. We each received an individual program, allowing us to complete effective training sessions during class time. At the beginning of the year, as we transitioned into Year 11, the program was flexible in allowing us to have additional study time, as well as building our time management skills. After a semester in PE Pathways, we are now more efficient in our time management and can dedicate more lessons to practical trainings. The class culture is of a very team-oriented nature, with an encouraging and competitive environment.

Maddy Bennett

Year 11



SAMANTHA BOWLES

Sport: Field Hockey
Achievements in 2018:

- School Sport Australia Hockey Team
- U18's Nationals Team
- 1st grade and U18 Premiership

How has PE Pathways helped you develop academically in 2018?

Academically PE Pathways has given me more time to focus on school work with studies once or twice a week instead of participating in normal PE. This has improved my overall class outcomes and I've been able to put more time and effort into school.

How has PE Pathways helped develop your sporting ability in 2018?

In PE Pathways this year we have been learning about healthy eating and how the right nutrition will help get the most out of games and training. We've learnt what a good relationship with coaches and team mates will do for overall performance. We were also given the opportunity to access the school's gym. This is of great benefit because it's helped improve my fitness and strength. I've really felt a change in my game since starting PE Pathways.

What is the best part about PE Pathways?

Having a class that all has a sporting goal similar to yours, and having opportunities to try and excel in my sport, in every way possible - whether that be fitness, relationship, nutrition or mindset wise.

What would you say to a student at the Wanniasa Campus who is thinking about applying for PE Pathways?

If you are serious about your sport and improving both sporting and academic performance, the PE Pathways program is definitely worth doing. I struggled a lot balancing school work with my sport and finding the time to fit it all in, but Mr Longo and everyone involved understood and helped us achieve our best.



HARRY GRANT

Sport: Australian Rules football
Achievements in 2018:

- NSW/ACT AFL Rams (best on ground performance)
- AFL Canberra Rising Star Competition Best & Fairest
- TA Whatton Medalist

How has PE Pathways helped you develop academically in 2018?

PE Pathways has supported me throughout the year academically, especially with time management and improving my grades in Maths and English.

How has PE Pathways helped develop your sporting ability in 2018?

PE Pathways has developed my sporting ability in many ways. In particular, it has taught me the importance of nutrition and different ways of training your body.

What is the best part about PE Pathways?

The best part about PE Pathways is the knowledge the teachers have about sport, leadership and being successful.

What would you say to a student at the Wanniasa Campus who is thinking about applying for PE Pathways?

I would say to any student that has the motivation to become better at their chosen sport to give Pathways a crack because you will learn so much about sport and yourself along the way.



GABRIELLE PETERSEN

Sports: Touch Football and Netball
Achievements in 2018:

- ACT U20's Touch Football Team
- ACT U18's Touch Football Team
- ACT U15's Netball team and Netball Academy Program
- ACT Schools U15's Netball Captain
- Science Summer School Camp (Dec 2017 and Jan 2018)

How has PE Pathways helped you develop academically in 2018?

PE Pathways has been a major contributor towards my study accomplishments. Because I don't get much time to study outside of school, the extra study time allows me to keep up to date and on top of things inside of school.

How has PE Pathways helped develop your sporting ability in 2018?

PE Pathways offers a lot of flexibility in the way that you feel and what you want to do prepare for the upcoming season. You are able to utilise every resource the College has to offer. Completing flexibility and recovery sessions has enabled me to recover and prepare for my trainings/games throughout the week.

What would you say to a student at the Wanniasa Campus who is thinking about applying for PE Pathways?

Go for it! It is simply a great thing to be a part of and we have a cool kit!



PHYSICAL EDUCATION



SWING INTO LIFE

Mud, sweat, tears and more mud was flowing when Year 10 students completed the Swing into Life course at Narrabundah. These lucky (?) students went through, under, over and slid down obstacles designed to test their individual fitness and teamwork. Mud in shoes and the lovely smell of the water had some running for cover, while others dived straight in with the only bit of colour left showing at the end of the day was the whites of their smiles.

Well done to all those students who challenged themselves, moved out of their comfort zone and helped others when the going got tough. Looking forward to next year's trip already!

dale argall, luke schofield, sam mccombe

PE teachers



EXERCISE SCIENCE UC RISE

Year 12 Exercise Science students were again given the opportunity in 2017 to visit the UC's Research Institute for Sport and Exercise and see firsthand the testing equipment and procedures used when assessing some of the top athletes in Australia. The challenge was thrown out to the students to complete a VO2 Max and Anaerobic threshold test. Fortunately, Cameron Gawler was willing to accept in one of the groups and Mr Argall was volunteered (left with no other choice) in the other. It was interesting to see the different individual responses by both Mr Argall and Cameron, with maximum heart rates exceeded and fitness levels pushed to the limits. In the end both had roughly the same endurance capacity although it can be assured one subject recovered much faster than the other! Who knows, one day one of our students could be leading us through these tests after studying at UC.

dale argall

PE+Health Coordinator

YEAR 7 PE

The Year 7 PE units this year have included a range of focuses: Throw and Catch, Athletics and Kicking skills were taught Semester 1 with Semester 2 looking at Striking and Fielding, Expressive Movement and Tchoukball. The Health topics included Nutrition and Personal Development.

One of my favourite units was Dance which looked at skills with mirroring and moves while looking at the history of the three styles, hip hop, bhangra and capoeira. These topics have expanded our horizons on physical education.

amy scott

Year 7

YEAR 8 PE

This year in Year 8 PE we participated in a variety of sporting and Health units. In Semester 1 we studied the skills and techniques of Cricket, Basketball and Soccer. Semester 2 consisted of Netball, AFL and fitness. Our Health components were also very interesting and informative. We learnt about Smoking and Alcohol as well as Healthy Relationships. We all enjoyed PE this year and had a lot of fun competing against different classes. Many thanks to all of our teachers for making it so enjoyable.

lilly rassallo & kira tanton

Year 8

YEAR 9 PE

Year 9 PE was one of my most enjoyable subjects of the year. This year we focused on a range of sports and skills including Oztag, racquet sports, Hockey, Volleyball, Softball and a Fitness unit. As well as this, Year 9 also studied the importance of safety surrounding drugs and alcohol during our health unit. As a whole, this was all super fun and helped me develop and further my skills.

ella hirstie

Year 9

ACTIVE LIFESTYLES

Active Lifestyles is an exciting and entertaining elective. During the semester, we design our own minor games which we present, and then trial with a class. We also get to participate in excursions which include; Ten Pin Bowling, Fitness Class, Lawn bowls, Mini golf, etc. You can use these excursions to learn new skills that you can then apply throughout your life. Overall active lifestyle is a different but beneficial elective, that I am glad I chose.

paris alexander

Year 9

OUTDOOR ED

This year in Outdoor Ed we did a variety of fun activities including Orienteering, Rock Climbing, Swim Safety, and a range of team-building exercises. The course has been so fun because every game we participated in was an energetic experience that always provided opportunities to build new friendships and get to know other people.

Orienteering was an exciting adventure which allowed us to build our outdoor survival skills. Rock Climbing was fun and challenging because of the different variety of climbs, ranging from moderate to challenging in difficulty; the rock climbing experience also helped people conquer some of their greatest fears. Swim Safety took us to the pool at Erindale and taught us important safety skills in the water, such as different rescue techniques and how to keep ourselves safe in a range of aquatic environments.

Apart from the assessment tasks we undertook a range of teambuilding activities to help us bond as a class. Our favourite thing about Outdoor Ed was the camp in Term 4 – we went hiking over two nights in impressive terrain, surfing on “gnarly waves” in great weather and raft building where we learnt how to tie different types of knots to help us stay afloat (well some of us at least). We found making our own food over the camp fire and sleeping in makeshift tents called bivvies extremely fun. Overall Outdoor Ed provided us with a range of exciting opportunities; we would definitely recommend Outdoor Ed to anyone to get out there and to try new things.

Zac Marsicano, Zoe White, Hayden Richards, Isabella Allende and Liam Conroy





SWIMMING CARNIVAL

Mindygari's long wait for a Championship Trophy came to an end at Dickson Aquatic Centre as it claimed its first victory at the Swimming Carnival since 1998. In the Spirit Cup, Ngadyung managed to hold off enthusiastic challenges from the other three houses to claim its fourth such trophy.

The battle for the Spirit Cup started as soon as students arrived, with a series of enthusiastic House Chants setting the scene for a competitive and energetic day. Students dressed in their House colours and themes, with Gurabang dressing as 'soldiers', Meup Meup as 'Where's Wally?', Mindygari as 'bees', and Ngadyung as 'sailors'. The themes were widely supported by the students. They swam in races, cheered endlessly for their teammates and peers, and participated in novelty events throughout the day. Congratulatoins for your teamwork, spirit, high levels of participation, and awesome displays of athleticism in the pool. Well done!



ATHLETICS CARNIVAL

Meup Meup won its first Athletics Spirit Cup since 2002 and defended its Championship Trophy as it took out both pieces of silverware at the Athletics Carnival at the AIS in March.

An awesome effort by the students of Meup Meup saw it claim two trophies at a single carnival for the first time in the house's history. Meup Meup's victory also signalled the end of Ngadyung's decade of dominance, with this being the first carnival that Ngadyung had failed to win either of the two Athletics trophies since 2006.

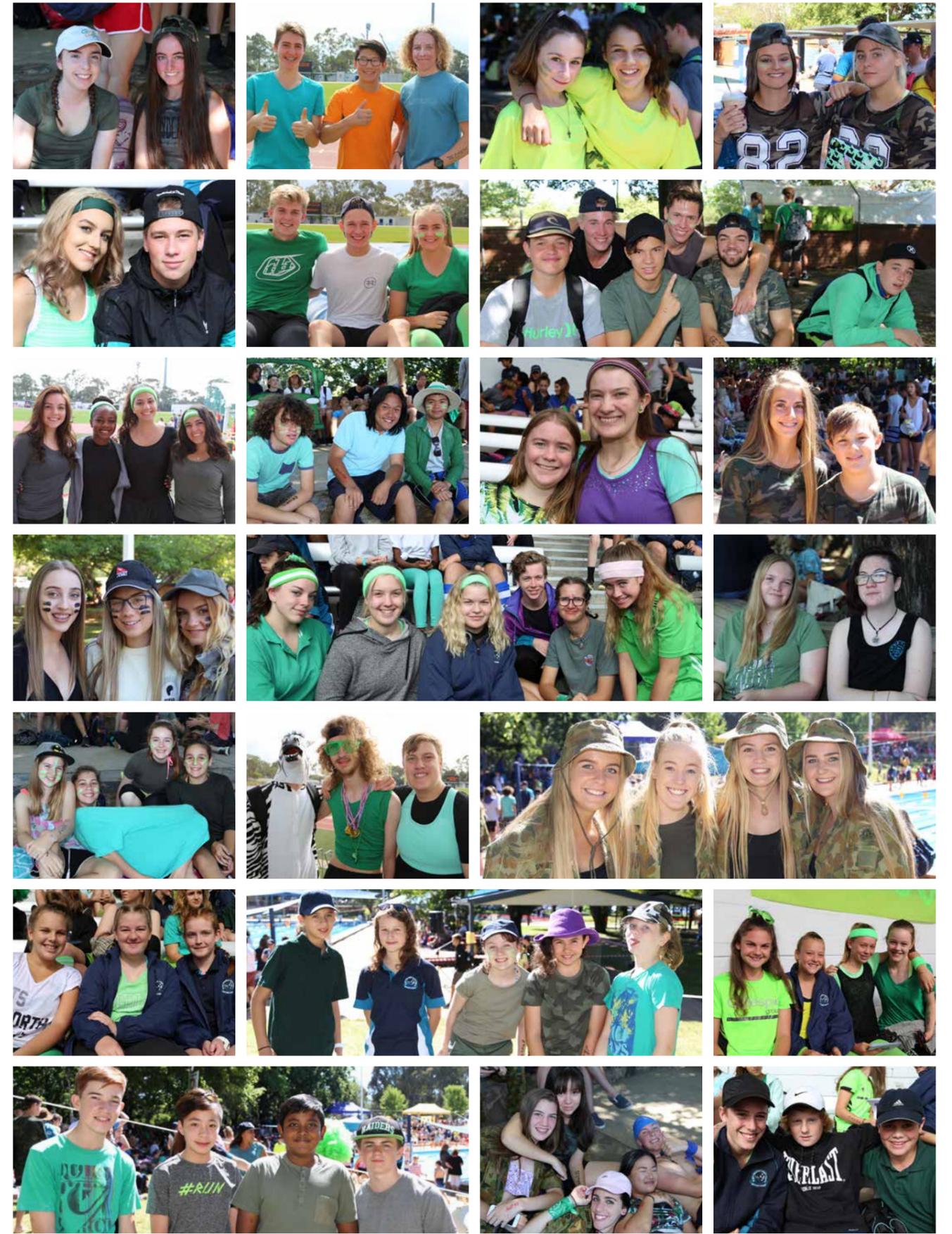
The four houses got into the universal theme of 'retro aerobics' and displayed such a high level of house spirit that any of the four could have taken out the Spirit Cup on the day. However, the 'fiery' spirit shown by the students of Meup Meup made them deserved winners in the end.

the CARNIVALS





GURABANG



GURABANG



MEUP MEUP



MEUP MEUP



MINDYGARI



MINDYGARI



NGADYUNG



NGADYUNG

TEAM SPORTS TIMELINE



BEACH VOLLEYBALL 24 FEBRUARY

MacKillop entered a number of teams in the College Boys and Girls Beach Volleyball. The mixed team of Amber Brophy, Alexandra Immonen, Lachlan Fields, and Jack Severs went on to become ACT Champions.



AUSSIE RULES V ERINDALE 6 APRIL

The annual MacKillop v Erindale game was again a fantastic afternoon of Australian Rules Football at the Isabella Campus with this year's game having the addition of some very handy Year 10 players. A fantastic first quarter by the team had the scores very close at the first break. Unfortunately in the second term Erindale increased their lead and we were not able to claw it back. Well done to the entire team for the intensity and determination shown and competing right to the end; the crowd of students who gathered to watch were very impressed.

Dale Argall



OZTAG: 718 GIRLS 24 MAY

The two Year 7/8 teams played nine games between them, getting better each game, during the tournament at O'Connor Oval. Thank you to Mrs Leonie Sullivan and students Matilda Shipway & Alexandra Immonen (Yr 11), who assisted with coaching. Overall, MacKillop 1 came 10th and MacKillop 2 finished the day in 6th.



FOOTBALL: SENIOR BOYS 30 MAY

At the College Football Carnival in Dickson, MacKillop competed against Lake Ginnenderra College (0-0 draw), Gungahlin College (0-2 loss), St Francis Xavier College (3-1 win) and Burgmann Anglican School (1-0 win). Unfortunately, drawing the first match cost the team a spot in the Semi Final. However, the students played with pride, fair-play, teamwork and enthusiasm throughout the day.

AUSSIE RULES: SNR BOYS 3 MAY

Congratulations to all the boys who participated in the Senior Australian Rules team this year. Results didn't go our way, but the team was competitive in all games under the leadership of senior students Jack Adamson, Brad Crowe, Harry Packer, Cameron Laing and Zach Evans, with a number of non-AFL players such as Liam Wyllie and Sean Beaudeker showing they have some potential in the game. Thanks to those senior students who have played in each team since Year 7 and made taking these teams such a great experience.

Dale Argall OZTAG: 9110 GIRLS

18 MAY

The 9/10 Girls Oztag team played extremely well throughout the day. After taking a few wins in the morning, MacKillop went into the final game against Telopea Park School, taking a convincing and determined win 10-0. In the semi-final, the girls played a great defensive game and showed tremendous team spirit, but St Clare's were too good on the day. Each player is to be commended on their constant efforts and sportsmanship.

Erinn Elliott

MAY

SENIOR TOUCH FOOTBALL 16 MAY

Year 11 and 12 boys and girls went to Deakin Playing Fields to play Touch Football. All players put in a lot of energy, teamwork and skills. Both the boys and girls won a couple of games each, but unfortunately not enough to make the finals. Well done to all students who participated and huge thank you to Mr Crowe and Miss Fahey for coaching and supporting us.

Timothy Sixt



AUSSIE RULES: 718 GIRLS 17 MAY

In the AFL gala day held in Hughes, MacKillop competed in a round robin against Daramalan College, St Francis Xavier, Lyneham High, and Stromlo High. The girls competed with fair play and are to be congratulated on their performance.

VOLLEYBALL: 718 BOYS 18 MAY

In the 7/8 boys Volleyball, MacKillop drew against Lyneham High and Canberra High, before getting the win over Campbell High. We then lost a close match, also against Lyneham High. Two points in the final minute of the semi-final against Canberra High meant that we ended up in second place. Our students had a great day and were super proud of themselves.

Belinda Fox

OZTAG: 9110 BOYS 26 MAY

The Year 9/10 Boys have won another football tournament. It was a massive day at O'Connor Oval, with the team required to win seven games in a row to take out the tournament. MacKillop got off to a flying start, brushing aside their first two opponents with ease. The games gradually got tougher but the side grew stronger. The final against Calwell was a difficult task and MacKillop were behind until a stunning try on the siren by Dylan Blewitt drew the scores level and sent the game into extra time. With both teams exhausted, Jackson Gallagher scored a try after seven minutes of extra time and MacKillop had won the competition.

Sam McCombe



MAR



COOMA NETBALL GALA DAY

10 MARCH

Some 50 Year 7 and 8 girls represented MacKillop in the Cooma Netball Gala Day. The girls played against St Patrick's, Monaro High School and Snowy Mountain Grammar school. The girls competed with great sportsmanship and are to be congratulated on their performance. A special mention to Maddie Barbic, Keely Harrison, Shawna Gray, Lauren Phillips, Gianni Rosin, Ashley Scensor, Jessica Povey and Ashleigh Steinke for helping with coaching and umpiring.

FEB

SOFTBALL: 9110 BOYS 24 FEBRUARY

The 9/10 Boys Softball team competed well, winning two and losing two. With mixed experience, the boys played very well securing a 5-3 win over Belconnen High and 6-2 over Canberra. Unfortunately both SFX and Daramalan were a little too strong. Congratulations to the boys for playing the day in the right spirit.

Dale Argall

SOFTBALL: 718 BOYS 24 FEBRUARY

The Year 7/8 Boys Softball team competed in the ACT schools competition at the Hawker Playing Fields on 24 February. The boys worked well as a team and competed with great enthusiasm. In a four team competition, MacKillop were undefeated through the round games and advanced comfortably through to the Grand Final. Unfortunately, the result did not go in our favour in a somewhat controversial finish to the competition. A huge thank you must also go to Emma Bignell for all her assistance umpiring and coaching.



OZTAG: 7/8 BOYS
26 MAY

Two Year 7/8 Boys MacKillop teams attended the ACT Oztag gala day at O'Connor playing fields. MacKillop 1 was made up of predominantly Year 8 students while MacKillop 2 comprised of Year 7s.

Both teams demonstrated excellent effort, enthusiasm and behaviour throughout the day. Year 12 students Charlie Williams and Jack Wright coached the MacKillop 2 side and did a fantastic job. Unfortunately the inexperienced team only managed one win throughout the day but competed hard each game.

MacKillop 1 played exceptionally well in the first five pool games to advance to the semi-finals. The trend continued in the semi and grand final, with the team running out eventual tournament winners with a comprehensive 6-1 victory over SFX.



AFL: 9/10 BOYS
6 JUNE

It was billed as the best Year 9/10 team MacKillop had rolled out in years and the team certainly lived up to the expectations, winning each round game comfortably. Unfortunately, the boys went down in the final with only seconds remaining, unable to hold on to their halftime lead. Congratulations to all of the boys who showed skill and courage throughout the day.



TOUCH FOOTBALL FINALS
6 JUNE

Four College Touch Football teams attended the ACT Touch Football Finals Day: The Year 7/8 Boys and Girls, and the Year 9/10 Boys and Girls. All teams put in great performances on the day, but the 7/8 Boys, 7/8 Girls, and 9/10 Girls all bowed out at the semi-final stage, while the 9/10 Boys managed to make it through to the final. In the final, they played Calwell High, who had beaten them earlier in the day. The boys played really well and ended up winning 5-2, crowning them ACT Champions.

Braden Longo

HOCKEY: 9/10 GIRLS
7 AUGUST

The 9/10 hockey team became ASC Champions, even though not many girls had played hockey before! We won against Daramalan (1-0), Merici (3-0), John Paul College (2-0), Radford (3-1), Trinity (1-0) and tied with Girls Grammar (1-1). The team included Megan Bowles, Brianna Ambrosino, Kellee Aviga, Samantha Bowles, Charlette Polmanteer, Chloe Osborne, Taran Copeland, Abigail Taunton, Anna Hoang, Sabina Morgan, Isabella Arcus, Mia Tutty, Kiralee Eppelstun, Danita Brittain and Alex Moody.

Kathryn Gooch



JUL AUG



HOCKEY: 7/8 GIRLS
7 AUGUST

Convincing wins in our first three games meant that the winner of the tournament would be decided in our last game against Trinity. It was a very tight game with the end result of a 0-0, however, MacKillop were crowned winners as we had more points overall. Despite the wet weather all the students had an amazing tournament and they all improved as individuals and as a team.

Laura Monterosso, Year 8



FOOTBALL CHAMPIONS
AUGUST/SEPTEMBER

On 15 August, the Year 7/8 girls MacKillop football team participated in the Southside Football Tournament. It was a great day for MacKillop as the team won the tournament undefeated without a single goal conceded through the whole day.

As a result, the team got the chance to take part in the ACT Finals on 15 September. The girls came across more challenging teams throughout the day, but still came out on top. It was a good day for MacKillop, with the 9/10 girls also winning and the 7/8 boys finishing 2nd.

Maren Fields, Year 8

BASKETBALL: 9/10 BOYS
28 AUGUST

The 9/10 Boys Basketball Team competed in the ASC Boys Basketball Tournament at the Tuggeranong Basketball Stadium. Some tough losses early in the day cost the team a spot in the finals, however, each game was separated by no more than 8 points. The highlight of the day was the third game against Daramalan College, resulting in a 25 - 17 win. Thank you to Daniel Jenson who assisted in coaching.

Dominic Lenarduzzi



FOOTBALL: 9/10 BOYS
5 SEPTEMBER

The Year 9/10 Southside Soccer Gala Day was held at Mawson. Coached by Mr Wood, the team won two games and drew two, which placed us 3rd in our pool. We had one last chance to make it into Finals against Trinity. After going down by two goals, we scored a great team goal to bring it to 2-1, and although we lost, it was a great end to a great day. I look forward to playing with the team next year.

Ben Anderson - Year 9



MOUNTAIN BIKE
25 AUGUST

We had a glorious day at Stromlo for the ACT Schools Mountain Bike Championships with 28 students split into seven different teams in the cross country relay race. All students rode hard in the dirt all day and displayed tough MacKillop spirit. One team went exceptionally well and took out third place in the Senior Female division - congratulations Abigail Adera, Haylee Bell and Jasmine O'Connor.

Sam McCombe



TOUCH FOOTBALL COMMUNITY DAY
30 AUGUST

Year 7/8 Boys and Girls teams represented the College in the Touch Football Community Day. Both the boys and girls went through the round robin undefeated. After beating Campbell High in the semi, the boys came from behind to beat Melba Copland 2-1, becoming the overall winners of the day. The girls also beat Campbell High to set up a clash with St John Paul II College in the final. The MacKillop girls ran out winners with a sensational attacking move that resulted in the only try in extra time - a successful day for both teams.



CRICKET: 7/8 GIRLS

SEPTEMBER-NOVEMBER

Two teams of Year 7/8 Girls competed in the ACT Schools Cricket competition this year. One of the teams performed very well, advancing through five matches as the only undefeated team. The games were won by convincing margins of 123, 66, 75, 92 and 97 runs.

The success qualified the team to compete in the ACT and Southern NSW finals day. The team won the first three games and advanced to the semi-finals. In the semi-final the team put in a great batting performance scoring 250 runs, going on to win by 108 runs and progressing to the Grand Final. A notable highlight of the semi-final was the batting of Clare Levings. She hit 9 sixes off 9 consecutive balls.

MacKillop won a close Grand Final to remain undefeated after ten matches. In doing so the team qualified to represent MacKillop at North Sydney Oval for the chance to be New South Wales Champions.

Lachlan McNicol

ULTIMATE FRISBEE

3 NOVEMBER

Approximately 30 students represented the College at the ACT Ultimate Frisbee Gala Day. As one of the only opportunities to participate in a mixed gender sporting team, there was much interest in representing the College at this event. Three teams entered the competition, with the MacKillop 3 team qualifying for the Semi-Finals before going down to Mt Stromlo High School. Congratulations to Matthew Heins and Edward Collins who were selected in a students all-stars team that played an exhibition match against local ACT and Australian representative players.

Miss Fahey and Mr Lenarduzzi



MacKillop students prefer the Athletics Carnival to the Swimming Carnival, although it's close: **52% prefer Athletics**, while **42% prefer Swimming**. The remaining **6%** enjoys the Cross Country more than the two big school carnivals.



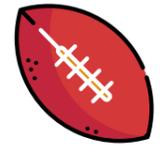
Speaking of the Cross Country, MacKillop held two Cross Country carnivals this year - one at each campus. It's the first time since the turn of the century that a proper Cross Country has been held at the Isabella Campus.



PE is still MacKillop's favourite subject, with **35%** of students saying it's their favourite subject. **Three in every four** students says they find PE enjoyable - the rest would prefer not to do it.



The most supported NRL team at MacKillop is the **Raiders**. Canberra, represent.



It's also a local affair in the AFL, with most students supporting the **Sydney Swans** or **GWS**. Mr Lee might be disappointed to learn that Carlton, Collingwood, Geelong, Hawthorn, and Richmond (as well as both Sydney teams, of course) are all more heavily supported at MacKillop than his mighty Bombers.

OCT NOV

DEC

SPORT FACTS and FIGURES



40% of students have broken a bone. Most of those students broke their arm.



12% of students get exercise **more than once per day**. The average MacKillop student exercises **four times per week**.



12% of students would like to **work in the Sports Industry** once they graduate from the College.



BOYS T20 CRICKET

8 NOVEMBER

The Boys T20 cricket tournament was a great success. All the boys contributed well to their teams and played fairly. We played great cricket, getting catches and sixes. We mainly had fun and made new friends, as well as getting to know each other more. There was even a special guest, Australian off-spinner, Nathan Lyon. The boys and I would like to thank Mr Coates, Mr Lumley, and Mr Duffy for coaching, organising, and umpiring. Well done to the boys, I hope to see you do it again next year.

D'Angelo Leslie



ENGARDE FENCING CLUB

YEAR-LONG SPORT

The Engarde@MacKillop Fencing Club enjoyed a lot of success in 2017, with current and former students achieving a lot of personal success. With many competitions over the course of the year, Oliver Bryson, Aiden McLachlan, Ashy Kinsella, Edward Copland, and Benjamin Crowley were some of the most consistent performers. Oliver's success led to him being selected for a National High Performance training camp at the AIS in July.

THE CARNIVALS

who made an impact in 2017?

SWIMMING AGE CHAMPIONS:

12M	Oscar Morgan
12F	Kiara Mackie
13M	Steven McGowan
13F	Chloe Arnold
14M	Riley Hulkkonen
14F	Cassiel Galvin
15M	Oliver Holdway, Jake Mackie
15F	Jessica Lee
16M	Will Symington
16F	Zoe Strzelczykowski
17+M	Joshua Ball
17+F	Rebecca Cross

ATHLETICS AGE CHAMPIONS:

12M	Michael Armstrong
12F	Ariadne Stergiou
13M	D'Angelo Leslie
13F	Alyssa Davidson
14M	Joshua Fahey
14F	Anna Hoang
15M	Zachary Robb
15F	Coby-Lee Maguire
16M	Kye Henson
16F	Emily Jensen
17+M	Kurt Wassink
17+F	Jessica Povey

RECORD BREAKERS

SWIMMING

17+ Girls	50m Freestyle	Rebecca CROSS
17+ Girls	50m Butterfly	Rebecca CROSS
17+ Girls	50m Backstroke	Rebecca CROSS
16 Boys	50m Butterfly	Will SYMINGTON
16 Boys	50m Backstroke	Will SYMINGTON

ATHLETICS

16 Girls	Triple Jump	Emily JENSEN
16 Girls	400m	Emily JENSEN
16 Boys	200m	Dylan BLEWITT
16 Boys	Long Jump	Jacob CHURCH
14 Boys	800m	Christopher REAY
14 Girls	Long Jump	Mikayla BOOTS
13 Girls	Long Jump	Georgia WILLEY
12 Boys	Shot Putt	Jordan THURLING
12 Girls	Long Jump	Ariadne STERGIUO